



Wayne Smith photos

Branch Health Clinic sets procedures for appointments

The following are the procedures for scheduling appointments at Naval Branch Health Clinic (NBHC), NSA Mid-South.

MEDICAL APPOINTMENTS Who is eligible?

All TRICARE Prime-enrolled members assigned to NBHC and NSA Mid-South.

TRICARE Prime-enrolled members traveling out of region may be seen in the clinic on a space-available basis.

What number should I call for an appointment?

1-877-879-1621 (Central Appointment Center (CAC). CAC hours of operation are Monday through Friday, 6 a.m.-8 p.m.; Saturday and Sunday 7 a.m.-noon, and closed federal holidays.

Hours of operation:

Clinic hours: Monday, Wednesday, Friday, 7 a.m.-4 p.m.; Tuesday 7 a.m.-7 p.m.; Thursday 7 a.m.-noon; Saturday 7:30-11 a.m.

After-hours calls:

1-877-879-1621 for urgent medical concerns only.
The message on the appointment

line will automatically forward calls to the NBHC, NSA Mid-South Command Duty Officer (CDO). You may leave a message for the CDO or dial the pager number given during voice mail. The duty medical officer may be reached via the CDO.

All emergencies may go to the nearest Baptist Hospital for care. Please notify the clinic within 24 hours after your visit to enter a referral.

ACCESS-TO-CARE OPTIONS

Acute complaints

Call after 6 a.m. for a same-day appointment to see your Primary Care Manager (PCM) or the first available provider.

Active duty members are required to see an independent duty corpsman, when available, for acute complaints and new complaints.

When appointments are not available for acute complaints, please ask the appointment clerk to send the call to the Nurse Call Center (NCC) in Pensacola for the triage nurse.

NCC will take the call or you may receive a voice mail. Please leave a message and allow them time to return your call.

Routine and follow-up visits with PCM:

Call for the first available routine appointment with PCM. There is usually at least a two to three-week wait, so please call in advance to schedule).

ER and hospital follow-up visits:

The patient may call for the first available routine appointment with the PCM.

The patient may request a same-day appointment, if available, with the PCM.

Medication refills:

The patient may call for the first available routine appointment with the PCM.

If instructed by the PCM to call refills, the patient may request that an appointment clerk send a message to NBHC nurses to request renewal of prescriptions.

Consults and referrals:

All requests for a new or continued consult or referral requires an appointment. Please call for the first available routine appointment with the PCM.

No consults or referrals will be renewed without an appointment.

Optometry clinic visits

Call 1-877-879-1621, CAC, to schedule all routine appointments with the optometry clinic. Walk-ins are available for acute eye problems.

You may call the optometry clinic if needed for urgent concerns at 874-6100, ext. 113.

Physical exams

Call for the first available physical exam appointment with the PCM or any available provider. Patient must fast for 12 hours and have labs drawn seven days prior to the appointment date.

(Contd. on p. 3. See Health Clinic)

Retired Activities Seminar promises to educate, entertain and answer questions

By Mike Elter

Sailors, Marines, soldiers, airmen and Coast Guardsmen come to NSA Mid-South every day to shop at the Commissary and Navy Exchange, have prescriptions filled at the Branch Health Clinic pharmacy, use the Joe Dugger Fitness Center and other recreation facilities, or maybe just have lunch at the Helmsman Complex. Regardless of the reason for the visits, each is a benefit earned by a career of faithful service.

On Saturday, retirees from all branches of the Armed Forces will have the opportunity to attend the annual Retired Activities Seminar, hosted by the Fleet and Family Support Center. The event, which was "standing room only" in past years, will again be held at the Mid-South Conference Center in the Pat Thompson Building.

All military retirees and their spouses, surviving spouses and active duty service members and their spouses are welcome to attend this informational event.

Beginning at 9 a.m., retirees will be able to meet and talk with representatives from organizations that serve veterans and retirees, and will gather a good deal of invaluable information regarding their entitlements and benefits. These representatives will be available throughout the seminar, which is planned to conclude

around noon.

Of special interest are slated presentations on the details of TRICARE for Life, TRICARE Under 65, TRICARE Dental Program, Defense Finance and Accounting Service, Department of Veterans' Affairs and the Armed Forces Retirement Home.

Organizations planning exhibits representing NSA Mid-South include the Retired Activities Office, MWR, Fleet and Family Support Center, Navy Inns, Navy College, the Command Services Burial Detail and many others.

Other base participants include the Defense Commissary Agency, Navy Exchange, Branch Health Clinic, and Naval Legal Services Branch Office.

Military-related community exhibitors will include the Air Force Association, American Legion, Disabled American Veterans, Military Officers' Association, Military Retirees of the Tri-State, 555th Parachute Infantry Association, Veterans of Foreign Wars, and Vietnam Veterans of America.

Additionally, representatives from the Social Security Administration and the Tennessee Department of Labor will be on hand to provide information and answer questions.

For more information about the seminar, please call the Fleet and Family Support Center at 874-5075, or toll-free at 1-866-225-8582.



Jesse Wynn photo

Tend to the earth that tends to you

Once again it's time to plan for the annual Earth Day and do some spring cleaning outside. Friday has been designated as Earth Day 2005 at NSA Mid-South, and you can make a contribution to cleaning up the surrounding environment.

The Environmental Department staff has developed a tentative plan of action that, if history repeats itself, will provide the campus with a benchmark of no litter. To avoid confusion and duplication, Environmental has created zones of responsibility. Most of the zones were intentionally created around major commands with the hopes that people would claim ownership of them and proudly keep them

litter-free. The long-term goal is for personnel to continue the process throughout the year.

Your assistance and participation in Earth Day 2005 is encouraged. If you have any questions about the Earth Day plans, would like to adopt another zone, or have suggestions on how to make the efforts even more successful, please contact Jim Heide or Danny Chumney of the Environmental Department at 874-5367/5904 for further information.

Thanks for your assistance and cooperation with this effort. NSA Mid-South and the local community will be the better for it.

Newsbriefs

Veterans Services golf tournament

On Friday, May 27th, Alpha Omega Veterans Services (AOVS) will host the First AOVS Golf Tournament and Silent Auction. The tournament, with a four-person scramble format, will be held at Memphis National Golf Course in Collierville, Tenn. beginning at 1 p.m. This event will raise funds for AOVS, which specializes in services for homeless veterans, including providing food, shelter, clothing, medical treatment for disabilities and other services. For additional information, please call 901-272-2839 or 218-8785. The AOVS Web site is <http://www.aovs.org>.

Uniform change

The change to the summer uniform period for Navy personnel will occur at 12:01 a.m. on May 2.

Navy-Marine Corps Relief Society Fund Drive

The 2005 Navy-Marine Corps Relief Society (NMCRS) Fund Drive is underway. Your support of this worthy effort is much appreciated. During the past 12 months, the NMCRS responded to the needs of families impacted by the global war on terrorism, while continuing its long-standing support to Marines and Sailors worldwide. As they have for more than a century, Society representatives stand ready at all times to help Sailors and Marines with urgent needs and personal emergencies. Remember, 100 percent of your contributions goes toward financial relief for your shipmates. NSA Mid-South's goal is that every member of every unit is offered an opportunity to make a donation to the fund drive.

Concerts by the Green

Bring your friends and join MWR for the May Concert Series to be held on Glen Eagle's Golf Course greens every Friday in May:
May 6: Glen Templeton (country music)
May 13: Blues Busters (blues-drenched classic rock)
May 20: Andy Childs (Memphis music)
May 27: Navy Band (top 40)

There will be a special door prize each week. The concerts are free and open to the public. Bring blankets and lawn chairs. No coolers or pets are allowed. Hamburgers, hot dogs and other food and beverage specials will be available for purchase.

Taco Bell hours

Beginning May 2, the base Taco Bell's new hours of operation will be 10:30 a.m.-3 p.m., Monday through Saturday.



Wayne Smith photo

New day at NAVMAC

Capt. Cynthia A. Covell addresses Navy Manpower Analysis Center staff (NAVMAC) for the first time after assuming leadership of the command last week in a ceremony outside NAVMAC headquarters.

Commentary

Speaking for the fleet

Future chiefs: preparing for selection board

**By FLTCM(AW/SW)
Jon R. Thompson
Fleet Master Chief Petty Officer
U.S. Fleet Forces Command**

If you are a first class petty officer who is selection board-eligible for the FY-06 Chief Petty Officer Selection Board, I have some questions and guidance for you.

First and foremost, congratulations on becoming board-eligible. Your evaluations and test score have propelled you to the top of the pack. As you know, becoming board-eligible is only the first step. The most important thing you can do between learning you are board-eligible and the deadline for correspondence submission to the selection board is to screen your records and ensure you submit any missing material to the board for their consideration. The deadline for you to submit material to this year's board is May 13.

All throughout my career I have heard various hypotheses about what material should submitted to the board. The easy answer, seriously, is to only send what the board doesn't already have on file for you. There is

no minimum or maximum number of documents you can or should submit.

How do you know what the board has or doesn't have? Since the advent of some very useful Web sites, learning what the board has in front of them is pretty simple. Plus, if you truly know your own record, and know how to order and screen your record on CD, as well as review all the on-line resources that will show you what the board will see, this shouldn't be that difficult. Here is what I recommend to every person preparing for a selection board:

- Order your CD version of your service record early enough to allow time for you to review every page. You can order your CD from the BUPERS Online Web site: <http://www.bol.navy.mil>.

- Also at the BUPERS Online Web site, you should review your Performance Summary Record (PSR) and your Enlisted Summary Record (ESR). The PSR is a three-part report that summarizes your professional and performance history, as well as showing your personal decorations information. Part I is the ESR; Part II shows your record pre-1996, and Part III shows your record from 1996 to the present.

Once you have your CD and access these tools on the Web site, here's what you should be looking at:

- Review each evaluation in chronological order. Ensure every eval is in your file and legible. Make sure no one else's evals are in your file.

- Review your history of assignments. Are the dates right? Does the information on the Web site match your career?

- Review each personal award. All awards (Navy/Marine Corps Achievement Medal and above) should be shown, along with the citation (if not printed on the award itself). Ensure

the awards shown are all your awards, not someone else's.

- Verify your Page Four information, including all schools and personal qualifications standards. This information is only updated upon re-enlistment, so what you see on your CD or on the Web site may not be as current as your field service record.

So what do you do if you identify an error? When you view the CD version of your record, look at the Frequently Asked Questions. The answers to your questions are presented in an easy-to-understand manner.

Shipmates, your record is extremely important. Managing your record is a personal and professional responsibility. I'm willing to guess there have been Sailors who could have and would have advanced on time had they spent the necessary time managing their record. Unfortunately, if your record is incomplete or has errors, your chances of being advanced are severely reduced. This should never happen. You have the tools you need to review everything the selection board will see. Not to do so is simple neglect.

A final word to our junior Sailors: your permanent record starts when you attain the rank of second class petty officer. At least annually, you should order your CD and review your online information. If you do this each year, and pay close attention, you will know early if a problem presents itself in your record. Finding errors at the last moment might not allow you enough time to correct them before a board convenes.



Thompson

Chaplain's corner

Passover

By Chaplain Rob Beede, NSA Mid-South Command Chaplain

Passover will be celebrated by Jewish people beginning sundown, Saturday, April 23. This celebration commemorates a period during which Pharaoh enslaved the Israelites in Egypt around 3,500 years ago. Moses was chosen by God to lead the people to the "promised land" (now known as Israel). Pharaoh refused to let the people go, so God sent 10 plagues to help persuade Pharaoh to release his people. The 10th plague resulted in all the Egyptian firstborns being killed.

The Israelites were instructed to bring a "Passover offering" to God: a lamb or kid to be slaughtered and its blood sprinkled on the doorposts

of every Israelite home, so that God would pass over their homes when he came to kill the Egyptian firstborn. The roasted meat of the offering was to be eaten that night together with matzah (unleavened bread) and bitter herbs.

Pharaoh's resistance was finally broken, although he actually chased the Israelites as they fled from his land. After more than 400 years, the Hebrews were free.

If you would like more information, or desire to attend a Seder (Passover supper), please consult <http://www.jewishmemphis.com> or call the base Chapel at 874-5341.

Happenings

April 23

Retired Affairs Seminar: 9 a.m.-noon; Mid-South Conference Center

April 28

College Info and Tuition Assistance workshop: 2 p.m.; bldg. S-room 123.

April 30

Mid-South Officers' Spouses Association Silent Auction: 5-8 p.m., Helmsman Complex.

Child Abuse Prevention Month: injuries are detectable

From the U.S. Department of Health and Human Services

Child abuse affects children of every age, race, and income level. It often takes place in the home and comes from a person the child knows and trusts—a parent, relative, babysitter, or friend of the family.

Often abusers are ordinary people caught in stressful situations: young mothers and fathers unprepared for the responsibilities of raising a child; overwhelmed single parents with no support system; families placed under great stress by poverty, divorce, or sickness; parents with alcohol or drug problems.

A first step in helping or getting help for an abused or neglected child is to identify the signs and symptoms of abuse. There are four major types of child maltreatment: neglect, physical abuse, sexual abuse, and emotional abuse.

Neglect is failure to provide for a child's basic needs such as food, clothing, shelter, medical care, education, or proper supervision.

Possible symptoms:

- The child shows signs of malnutrition or begs, steals, or hoards food.
- The child has poor hygiene: matted hair, dirty skin, or severe body odor.
- The child has unattended physical or medical problems.
- The child states that no one is home to provide care.
- The child or caretaker abuses drugs or alcohol.

Physical abuse is intentional injury inflicted upon a child. It may include severe shaking, beating, kicking, punching, or burning that results in minor marks, bruising, or even death.

Possible symptoms:

- The child has broken bones or unexplained bruises, burns, or welts in various stages of healing.
- The child is unable to explain an injury, or explanations given by the child or caretaker are inconsistent with the injury.
- The child is unusually frightened of a parent or caretaker, or is afraid to go home.
- The child reports intentional injury by parent or caretaker.

Sexual abuse refers to any sexual

act with a child by an adult or older child. It includes fondling the child's private areas, penetration, incest, rape, sodomy, indecent exposure, and using the child for prostitution or the production of pornographic materials.

Possible symptoms:

- The child has pain or bleeding in the private areas with redness or swelling.
- The child displays age-inappropriate play with toys, self, or others.
- The child has inappropriate knowledge about sex.
- The child reports sexual abuse.

Emotional abuse may occur when a parent fails to provide the understanding, warmth, attention, and supervision the child needs for healthy psychological growth.

Possible symptoms:

- The parent or caretaker constantly criticizes, threatens, belittles, insults, or rejects the child with no evidence of love, support, or guidance.
- The child exhibits extremes in behavior, from overly aggressive to overly passive.
- The child displays delayed physical, emotional, or intellectual development.

If you suspect abuse, reporting it can protect the child and get help for the family. Each state identifies mandatory reporters (groups of people who are required to report suspicions of child abuse or neglect). However, any concerned person can and should report suspected child abuse.

A report is not an accusation; it is an expression of concern and a request for an investigation or evaluation of the child's situation. If you suspect a child is in a dangerous situation, take immediate action. Your suspicion of child abuse or neglect is enough to make a report. You are not required to provide proof. Investigators in your community will make the determination of whether abuse or neglect has occurred. Almost every state has a law to protect people who make good-faith reports of child abuse from prosecution or liability.

How do I report child abuse or ne-



glect?

If you suspect a child is being harmed, contact your state Child Abuse Hotline, local Child Protective Services (CPS), or law enforcement agency so professionals can assess the situation.

For more information about where and how to file a report, call Childhelp USA®, National Child Abuse Hotline (1-800-4-A-CHILD®).

When calling to report child abuse, you will be asked for specific information, which may include:

- The child's name and location.
- The suspected perpetrator's name and relationship to the child (if known).
- A description of what you have seen or heard regarding the abuse or neglect.
- The names of any other people having knowledge of the abuse.
- Your name and phone number.

The names of reporters are not given out to families reported for child abuse or neglect; however, sometimes by the nature of the information reported, your identity may become evident to the family. You may request to make your report anonymously, but your report may be considered more credible and can be more helpful to CPS if you give your name.

What will happen when I make a report?

Your report of possible child mal-

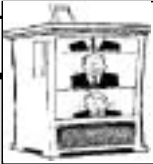
treatment will first be screened by hotline staff or a CPS worker.

If the worker feels there is enough credible information to indicate that maltreatment may have occurred or is at risk of occurring, your report will be referred to staff, who will conduct an investigation.

Investigators respond within a particular time period (anywhere from a few hours to a few days), depending on the potential severity of the situation. They may speak with the child, the parents, and other people in contact with the child (such as doctors, teachers, or childcare providers).

Their purpose is to determine if abuse or neglect has occurred, and if it may happen again.

If the investigator finds that no abuse or neglect occurred, or what happened does not meet the state's definition of abuse or neglect, the case will be closed and the family may or may not be referred elsewhere for services. If the investigator feels the children are at risk of harm, the family may be referred to services to reduce the risk of future maltreatment. These may include mental health care, medical care, parenting skills classes, employment assistance, and concrete support such as financial or housing assistance. In rare cases where the child's safety cannot be ensured, the child may be removed from the home.



Quote noted

Humor is laughing at what you haven't got when you ought to have it.—*Langston Hughes*

There is so little difference between husbands you might as well keep the first.—*Adela Rogers St. Johns*

The trouble with some women is that they get all excited about nothing—and then marry him.—*Cheer*

According to a new study, women in satisfying marriages are less likely to develop cardiovascular diseases than unmarried women. So don't worry, lonely women, you'll be dead soon.—*Tina Fey*

If a fly gets into the throat of one who is fasting, it is not necessary to pull it out.—*Ayatollah Ruhollah Khomeini*

There are days when any electrical appliance in the house, including the vacuum cleaner, seems to offer more entertainment possibilities than the television set.—*Harriet van Horne*

The Bluejacket

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Troops practice executing a “column right” during practice for precision drill competition. Cadets learn to keep in step, calling cadence in order to always stay on the same foot together.

NJROTC cadets get week of teamwork and discipline training at NSA Mid-South

By Wayne Smith

Sixty-seven students from five high schools in the Mid-South area, including Millington Central High School (MCHS), and from as far away as Indiana and New Mexico, participated last week in the Area Nine Naval Junior ROTC Basic Leadership Training Course held at NSA Mid-South. The base is headquarters for Area Nine.

The cadets' week consisted of varied training and introduction to Navy life. They stayed in a Navy barracks and had an opportunity to experience training in orienteering, marching, and physical exercise. Marching together promotes teamwork and cooperation between the cadets. While once a part of the course, weapons familiarization is no longer offered due to safety concerns. The cadets rounded out the week by attending a

barbecue at Navy Lake, where all had an opportunity to socialize informally. Also, cadets were divided into companies to compete against each other in a drill contest showing what they had learned during the week.

Navy Lt. Cdmr. (retired) Bob Galloway, commander for Junior ROTC MCHS, has led the Millington unit for the last three and a half years. He said, “We’re not here to recruit the students ... we’re just here to teach them how to be better citizens, to learn some things about self-respect and discipline, and a little about themselves.”



Naval Junior ROTC instructor Lt. Col. Darrell Patton, U.S. Marines, inspects the ROTC students after they complete the drill and ceremony portion of their course.



Cadets Kellyn Bailly (left, foreground), Willard, Mo., and Britney Blalock, Madisonville, Ky., line up at the command, “Dress right, dress.” Troops check their alignment to each other prior to beginning close-order drill practice the day before the competitive event.

FFSC booths

Tomorrow and Monday, the NSA Mid-South Fleet and Family Support Center will celebrate Child Abuse Prevention Month by setting up information booths providing materials on all the services the center offers. The booth schedule:

Tomorrow: Child Development Center, 11 a.m.- 1 p.m.
April 25: Bldg. S-456 quarter-deck, 11 a.m.-1 p.m.

Health clinic (continued from p. 1)

Patient must arrive in Physical Exams Department at 8 a.m. on the morning of an afternoon appointment with the provider to complete preliminary paperwork and screenings.

Flight physicals are scheduled by calling directly to the Physical Exam Department at 874-6100, ext. 138 or 103.

Presently, if you are delinquent for a five-year physical exam, the clinic has you on a list. You will be notified of your appointment date as extra ap-

pointments are created in the system.

Retirement physicals

Please call six months out from your actual retirement date to schedule a physical to allow time to complete the entire process.

Preventive Health Assessment (PHA)/Physical Readiness Test (PRT) screenings

PHA:

Call 1-877-879-1621 (Central Appointment Center) for a wellness appointment with a nurse for a PHA.

PRT screening:

All active duty should call 1-877-879-1621 (Central Appointment Center) to schedule a PRT screening.

Dental appointments

Who is eligible?

Active duty personnel
What number should I call for an appointment?

(901) 874-5361/6162 or 6163, Monday-Friday, 7 a.m.-4 p.m.

Hours of operation:

- Dental Department hours: Monday-Thursday, 7 a.m.-4 p.m.; Friday 7 a.m.-noon
- Sick call hours: Monday-Friday, (except Thursday afternoons), 7:15-9 a.m. and 1-2 p.m. True emergencies, including severe bleeding, swelling, pain or injury are seen at any time.

After-hour calls: contact the Duty Dental Technician beeper at (901) 391-8805.

Additional notes

NBHC, NSA Mid-South welcomes the newest addition to the clinic, Debra Hendren. Hendren will be taking over enrollment for all patients currently enrolled to Pam Preston. Hendren comes with lots of experience and is able to see all TRICARE Prime family members assigned to the clinic. The addition of Hendren to the clinic's team of providers will increase access to care.

NBHC also has arranged for physicians from Navy Personnel Command to assist with the backlog of physical exams. The clinic is working very hard to get everyone scheduled that is delinquent for their five-year physical exams. This list is currently managed by the Physical Exams Section.

Further information about the clinic may be found on the Web site: <http://psaweb.pcola.med.navy.mil/bmcml/default.htm>.

If you have questions or concerns regarding the clinic, please call the patient contact representative Monday through Friday at 874-5370.

Mother's Day Messages

To: Mom

Click to Send

Sponsored by:

AAFES

Since we will publish Mother's Day Messages only on the internet, there is no limit to how many messages can be posted. Tell a friend! All messages will be posted for viewing world wide in time for Mother's Day - Wherever you are!

Messages may be posted from 6 April through 27 April 6 PM EST.

Stars and Stripes' Web page for Mother's Day posts

Stars and Stripes Web site to post messages for Mom

Stars and Stripes, the Department of Defense-authorized daily newspaper distributed overseas for the U.S. military community, is posting Mother's Day messages on its Web site, <http://www.stripes.com>, now through April 27. You can post a message at <http://messages.stripes.osd.mil>. There is no limit to the number of messages you can post.

All messages are subject to approval. No messages will be accepted which, in the judgment of *Stars and Stripes*, are indecent, suggestive or offensive; contain attacks of a personal, racial or religious nature; or reflect unfavorably on competitive organizations, institutions or merchandise. April 27 will be the last day to post a Mother's Day messages.

Relief Society here to help YOU

The Navy-Marine Corps Relief Society (NMCRS) is a valuable resource to Sailors, Marines and their families. For information or assistance, or to schedule an appointment, call 874-7350.

The hours of operation are Tuesday, Wednesday and Thursday from 9 a.m. to 1 p.m. The Thrift Shop, located at building S-239, is open Tuesday and Thursday from 11 a.m.-1 p.m.; Wednesday and Friday from 9 a.m.-1 p.m., and the first Saturday of each month from 9 a.m.-1 p.m.

Are doctor and dental bills breaking your budget? The

NMCRS may help pay those bills for medically necessary treatment at civilian clinics, doctors' offices, and hospitals. If you are on active duty and are otherwise eligible, you must also be enrolled in the Family Member Dental Plan before the society can assist with the cost of dental work. The society can also help your family defray the cost of essential medical care beyond the scope of military hospitals, or outside TRICARE and/or Medicare coverage.

Inquire at the NMCRS office today. Call 874-7350.

NMCRS: your first resource ...not your last resort!

Promotions, awards, re-enlistments



Capt. Robert L. Firehammer Jr. (left), former commanding officer, Navy Manpower Analysis Center, presents **GMC(SW) John P. Wilson** with a Navy and Marine Corps Commendation Medal for meritorious service as professional development officer and departmental leading chief petty officer at NAVMAC from December 2002 to May 2005. He performed superbly as NAVMAC's professional developmental officer as he designed and implemented a manpower specialist training program for 129 NAVMAC personnel, creating job qualification requirements for manpower analysts which saved NAVMAC more than \$360,000 in outsourced training expenses for Fiscal Year 2005. Chief Wilson will transfer to NSA Bahrain. Wilson also received a Navy and Marine Corps

Commendation Medal (second award) for heroism while serving at NAVMAC. On April 5, while transiting to his residence, Wilson noticed a life-threatening car accident that had just occurred on Highway 14 in Barlett. Without concern for his own safety, he immediately took charge of this accident scene and quickly ensured emergency calls to 911 were being made. He then dispatched to a vehicle which had flipped over into a ravine and had an occupant inside. His strong leadership led to the soliciting of other individuals to assist in trying to save the driver and remove him from the sinking vehicle. He took charge of the assembled group of volunteers and flipped the vehicle back over in order for the medical staff to provide lifesaving measures.



MMC(AW/SW) Eric S. Lee of NAVMAC received a Navy and Marine Corps Commendation Medal for meritorious service as detachment maintenance control chief petty officer and Aircraft Division leading chief petty officer, Helicopter Combat Support Squadron Six from November 2001 to January 2005. He demonstrated exceptional leadership and superior technical expertise while supervising the production efforts of 11 work centers and 235 personnel in completing over 10,000 maintenance actions. As detachment leading chief petty officer, his efforts resulted in over 1,000 mishap-free flight hours flown in support of operations Iraqi Freedom and Enduring Freedom. Lee will work as a manpower analyst in the Aviation Manpower Requirements Department.



ABF1(AW) Kenneth E. Hurd, Navy Manpower Analysis Center, recently received a Navy and Marine Corps Achievement Medal for professional achievement as manpower analyst, Afloat Manpower Requirements Department, NAVMAC, and for his nomination as the Bureau of Naval Personnel Sailor of the Year for calendar year 2004. Hurd expertly directed the collection of facility maintenance and watch station analysis data, accurately documenting 300 task analysis reports.



YN2 Dennis C. Chambers was recently awarded a Navy and Marine Corps Achievement Medal for professional achievement as the NAVMAC commanding officer's yeoman and administrative assistant at NAVMAC from January to December 2004. His superior performance and drive for excellence resulted in his selection as NAVMAC's Junior Sailor of the Year for calendar year 2004.

Other awards

*Letters of appreciation,
Navy Manpower Analysis Center*

ABFC(AW/SW)) Terry D. Hinton

Shain Frazier

TRICARE benefits to family continue when military sponsor dies

TRICARE-eligible family members whose sponsor dies while on active duty continue to receive TRICARE benefits.

During the three years following a sponsor's death, surviving spouses and children under 21 years of age (23, if enrolled in a full-time course of study in an institution of higher learning) remain eligible for TRICARE Prime without enrollment fees and copayments.

Surviving family members may enroll in TRICARE Prime where offered, but lose eligibility for TRICARE Prime Remote for Active Duty Family Members, if enrolled in that program at the time of the sponsor's death. Surviving family members who are not enrolled in TRICARE Prime may use TRICARE Extra or Standard, but are subject to the appropriate active duty cost-shares and annual deductible requirements for each program.

During the three-year survivor benefit period, surviving family members are protected from having to pay out-of-pocket expenses of more than \$1,000 per fiscal year for TRICARE allowable charges for covered services.

Surviving family members who are already enrolled in the TRICARE Dental Program (TDP) at the time of the service member's death remain eligible for dental care under the plan. They pay no dental premiums during the three-year transitional survivor period. If surviving family members are not already enrolled in the TRICARE Dental Program at the time of the service member's death, they are ineligible for the TDP, but may enroll in the TRICARE Retiree Dental Program (TRDP). Under the TRDP, enrollees are responsible for 100 percent of the premium cost.

Surviving family members who choose to live outside the United States should check with the overseas TRICARE Service Center, as their benefits will differ slightly from those available in the United States.

At the end of the three-year survivor benefit period, eligible surviving family members' TRICARE coverage converts to that of retiree family members. Eligible family members may enroll in TRICARE Prime where available, but must pay the same annual enrollment fees and copays as retiree family members. Those who do not enroll in TRICARE Prime convert to retiree family member status under TRICARE Extra or Standard, with the appropriate deductible and cost-share requirements for each program. Beneficiaries remain eligible for TRICARE pharmacy benefits and may enroll in the TRICARE Retiree Dental Program.

The out-of-pocket payment expenses for survivors in retiree family member status are limited to \$3,000 per fiscal year for TRICARE allowable charges for covered services.

If the survivor reaches age 65 or is disabled and becomes entitled to Medicare Part A, they must purchase Medicare Part B to retain TRICARE coverage. TRICARE survivor status ends if the surviving spouse remarries. Surviving spouse status can not be regained later, even if the surviving spouse later divorces or the new spouse dies.

It is extremely important for survivors to update their TRICARE eligibility in the Defense Enrollment and Eligibility Reporting System. Surviving family members may go to the nearest Uniformed Services Identification card facility, www.dmdc.osd.mil/rsl/, or contact the Defense Manpower Data Center Support Office Telephone Center at (800) 538-9552. Surviving spouses must contact the ID card facility in advance to determine the range and scope of available services.

The charts at right summarize TRICARE Prime, Extra and Standard financial obligations for the three-year survivor benefit period and afterwards.

Survivor benefits during three-year survivor benefit period

	TRICARE Prime	TRICARE Extra	TRICARE Standard
Annual Deductible	None	\$150/individual or \$300/family for E-5 & above; \$50/\$100 for E-4 & below	\$150/individual or \$300/family for E-5 & above; \$50/100 E-4 below
Annual Enrollment Fee	None	None	None
Civilian Outpatient Visit	No cost	15% of negotiated fee	20% of allowed charges for covered service
Civilian Inpatient Admission	No cost	Greater of \$25 or \$13.90/day	Greater of \$25 or \$13.90/day
Civilian Inpatient Mental Health	No cost	\$20/day	\$20/day
Civilian Inpatient Skilled Nursing Facility Care	\$0 per diem charge per admission No separate copayment/ cost share for separately billed professional charges	\$11/day(\$25 minimum) Charge per admission	\$11/day(\$25 minimum) Charge per admission

Survivor benefits following three-year survivor benefit period

	TRICARE Prime	TRICARE Extra	TRICARE Standard
Annual Deductible	None	\$150/individual or \$300/family	\$150/individual or \$300/family
Annual Enrollment Fee	\$230/individual \$460/family	None	None
Civilian Copays		20% of negotiated fee	25% of allowed charges for covered service
Outpatient Emergency Care	\$12	Lesser of \$250/day or 25% of negotiated charges plus 20% of negotiated professional fees	Lesser of \$512/day or 25% of billed charges plus 25% of allowed professional fees
Mental Health Visit	\$30		
Civilian Inpatient Cost Share	\$25 or \$17 (group visit) \$11/day(\$25 minimum) charge per admission		
Civilian Inpatient Skilled Nursing Facility Care	\$11/day(\$25 minimum) charge per admission	\$250 per diem copayment or 20% cost share of total charges, whichever is less, institutional services, plus 20% cost share of separately billed professional charges	25% cost share of allowed charges for institutional services, plus 25% cost share of allowable for separately billed professional charges.
Civilian Inpatient Mental Health	\$40 per day	20% of institutional & negotiated professional fees	Lesser of \$169/day or 25% of allowable fees

Family members who would like to obtain information regarding the loss of a loved one or coping with grief can find information on the Military One Source Web site at www.militaryonesource.com. See also: TRICARE: The Basics Fact Sheet

Choosing TRICARE Standard Fact Sheet
TRICARE Pharmacy Services Fact Sheet
TRICARE For Life and Dual Eligibility Fact Sheet
TRICARE Dental Program Survivor Benefits Fact Sheet